

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

Tuesday, February 14th ~ 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 will begin our discussion of *The Book of Joy* by His Holiness The Dalai Lama and Bishop Desmond Tutu.

7:00 Arlington Street Zen Center: Our gathering includes seated and walking meditations, a dharma talk, and conversation. If you'd like to join Rev. Kim and walk in the Public Garden (optional!), please dress for the weather. Beginners and experienced meditators from all traditions are warmly welcome.

 **Arlington Street's Literary Salon, The Wednesdays: Ezra Pound's "Cathay"**

Wednesday, February 15th ~ 6:00 PM, Frothingham Library

In 1915, Ezra Pound published 15 translations from Chinese poets under the title "Cathay." Pound's little book electrified the reading public who had been mostly ignorant of the amazingly rich literature of China. Most of his translations are of Li Po, the Tang poet who is the Shakespeare of Chinese literature, and all of them are of an unparalleled beauty and tenderness. This is most definitely a book to take to your desert island! All are welcome!

 **Sanctuary Boston: Spring Small Ministry Group**

Sanctuary Boston will be offering 2-3 committed small groups for the Spring 2017 session. We are planning to offer groups in Cambridge/Somerville and downtown Boston. Sign-ups run through February 16th, and priority for group preference will be given on a first-come, first-served basis! RSVP: <https://www.facebook.com/events/1821020138173579/>

 **Spiritual Passions 2017: The Spiritual Passion of Godless UUs**

Sunday, February 19th ~ 1:00 PM, Hunnewell Chapel

Come join this conversation on defining meaning, values, and impact in a non-theistic framework. All are welcome!

 **New Member Class**

Wednesday, February 22nd, Spiritual Journey ~ 6:00 PM, Perkins Room

Sunday, February 26th, Meet ASC ~ 12:30 PM, Perkins Room

Sunday, March 5th, Breakfast/Joining ~ 9:30 AM, Hunnewell Chapel

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. This class is a wonderful opportunity to deepen your relationship and knowledge of Arlington Street, and to discern whether you are ready to join. 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. Please sign up at the Welcome Table in the parish hall after the service. All are welcome!

COVENANT RENEWAL PLEDGE FORM
July 2016 through June 2017

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

I/We commit an **TOTAL ANNUAL PLEDGE** of \$ _____
to support the work of Arlington Street Church for 2016-2017.

Signature: _____ Date: _____

Phone: _____ Email: _____

Pledge contributions may be made by cash, check, or credit card.

Mastercard Visa

Credit Card #: _____

Expiration Date: mm _____ yy _____

Please charge my credit card in either:

One payment for my entire pledge.

Equal monthly installments on the 12th of each month.

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
Email: Office@ASCBoston.org • Web: www.ASCBoston.org

INSIDE

ARLINGTON STREET CHURCH

NEWS FROM THE SOUL OF SUNDAY

SUNDAY, JANUARY 29TH, 2017

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. Additional volunteers are always welcome to help with food preparation and, especially, with clean-up. To learn more about joining our team, please stop by the kitchen.

 **Arlington Street Church Corporation Meeting**

Today ~ 12:30 PM, Hunnewell Chapel

*All are welcome even if you can't vote. * Indicates vote required*

1. Membership Update* (Doc Kinne)
2. Potential Renovation of the Clarke Room (Reverend Kim)
3. Treasurer's Update (Art Nava)
4. Accessibility Ramp Update (Tina Rose)
5. Congregation Retreat (Al Ingram)
6. Q&A on Written Reports
 - Children's Religious Education (CRE)
 - Prudential Committee (ASC Board)
 - Transformation Team for Racial Justice
 - Treasurer's Report
7. Any Other Business

 **Refuge Recovery**

Today ~ 6:00 PM, Hunnewell Chapel

Refuge Recovery is a Buddhist path to recovering from addiction. All are welcome! For more information, please visit facebook.com/refugebackbay or email refugerecoverybackbay@gmail.com.

THIS WEEK


 **Happiness Hour**

Tuesday, January 31st ~ 6:30 PM, Hunnewell Chapel


This is an internationally acclaimed seminar based on innovative breathing techniques that can reduce stress and heighten mental clarity and awareness. We will explore Mind-Breath-Body connection, and how we can consciously use our breath to live in the present moment, break through our barriers and realize our full potential, learn how to manage our emotions, and live a happier life! It includes relaxing breathing

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techniques, guided meditation, and an introduction to the Art of Living Course and Sudarshan Kriya, the famous, powerful breathing technique. 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!

 **Coming Together: Art and Music**
First Friday of the month ~ 6:00 - 8:00 PM, JP Licks, 150 Charles Street
The Hidden Art Gallery, run by Zoe Arguello, soprano in the Arlington Street Choir, brings together art and music. At these monthly gatherings on the flats of Beacon Hill, local professional artists and musicians bring joy, harmony, and warmth to our community.

A portion of proceeds from the sales of paintings and CDs will support the documentary *Everything Matters* (everythingmattersfilm.com), which is about the healing aspects of meditation techniques used to overcome life-threatening illness. For more information, please visit thehiddenartgallery.com. All are welcome!

 **Countering Islamophobia: Organizing as a Unified Force**
Saturday, February 4th ~ 10 AM -3 PM, Hunnewell Chapel

Learn how we can support our Muslim neighbors at this all day workshop. Featured speakers, Shannon Erwin from Muslim Justice League and Hayat Imam from Dorchester People for Peace, will lead us during the interactive sessions to help develop positive action plans. Space is limited! \$10 per ticket. Please RSVP at socialaction@ascboston.org. Lunch is provided.


 **Pru in Review**
Al Ingram and Rev. Kim are working with Covenant Renewal to offer a Spiritual Passion on planned giving on February 26th. Stay tuned for details! The Pru went over some of its procedures and has decided to make an internal online calendar attached to Action Items to remind itself of periodic jobs during the new year such as officer nominations, insurance payments, etc.

Art Judge stood in for Treasurer Art Nava this month and reported that the Finance Team is moving forward on the many suggestions that the BU Student Management Team presented to us last month. The finances in general are very in-line with what we expect at this time of year.

The accessibility ramp work continues with Jennifer Pink and Company overseeing the process, including applying for additional permits.

Finally, the Pru worked on plans for a Congregation Retreat/Workshop to take place in early March. More details to follow!

ANNOUNCEMENTS

 **The Art of Sabbath**
Saturdays, February 4th, 11th, 25th, and March 4th, 4:00 PM, Perkins Room
Join Rev. Joanna Lubkin for the winter session of The Art of Sabbath, a four-session course on cultivating rest, delight, and spiritual nourishment

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

This Week

Sunday, January 29, 2017

*9:30 AM Choir Rehearsal ~ Sanctuary
11:00 AM Sunday Morning Worship ~ Sanctuary
11:15 AM Children's Religious Education (CRE) - Nursery and Chapel
12:00 PM Coffee Hour and Lunch ~ Parish Hall
12:30 PM Corporation Meeting ~ Hunnewell Chapel
12:30 PM Arlington Street Circle of Caring ~ Carol Smith Room
6:00 PM Refuge Recovery ~ Hunnewell Chapel

Monday, January 30, 2017

6:30 PM Membership Team Meeting ~ Perkins Room
6:30 PM Shambhala Boston ~ Hunnewell Chapel

Tuesday, January 31, 2017

6:30 PM Happiness Hour ~ Hunnewell Chapel

Wednesday, February 1, 2017

*12:30 PM Staff Meeting ~ Perkins Room
6:00 PM Kundalini Yoga ~ Hunnewell Chapel

Thursday, February 2, 2017

7:00 PM Choir Practice ~ Clarke Room

Friday, February 3, 2017

5:00 PM Friday Night Supper Program (FNSP)~ Parish Hall

Saturday, February 4, 2017

10:00 AM Countering Islamophobia Workshop ~ Hunnewell Chapel
4:00 PM Art of Sabbath ~ Perkins Room

Sunday, February 5, 2017

*9:30 AM Choir Rehearsal ~ Sanctuary
11:00 AM Sunday Morning Worship ~ Sanctuary
11:15 AM Children's Religious Education (CRE) - Nursery, Chapel, Perkins and Carol Smith Rooms
12:00 PM Coffee Hour and Lunch ~ Parish Hall
12:30 PM Arlington Street Circle of Caring ~ Carol Smith Room
12:30 PM Uncomfortable Conversation ~ Stage Room Right
1:00 PM Spiritual Passion: Meditation Retreat ~ Hunnewell Chapel
1:00 PM COA Cemetery Tour
6:00 PM Refuge Recovery ~ Hunnewell Chapel

* 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



in our lives. Sessions will take place in the Perkins Room (downstairs at ASC, accessible via stairs or a lift) on Saturday afternoons, and will include a communal dinner. Sliding scale registration fee of \$25-50 for the four weeks. No one is turned away for lack of funds. Register at <http://tinyurl.com/artofsabbath>.

 **Arlington Street Circle of Caring**
Sundays, February 5th and 19th ~ 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. Facilitators Maureen Peterson and Lisa Kirk lend their significant personal and professional experience to create a safe space for sharing our stories and supporting one another through the crises of life.


 **Uncomfortable Conversations**
Sunday, February 5th ~ 12:30 PM, Stage Room Right

The Transformation Team for Racial Justice offers this time and space for facilitated discussion and continuing conversation about developing an anti-racist worldview. We plan to hold these conversations periodically at Arlington Street Church. All are welcome and no RSVP is needed. For more information or to suggest discussion topics in advance, email transformation@ascboston.org.

 **Spiritual Passions 2017: Meditation Retreat: Sitting, Walking, Eating**
Sunday, February 5th ~ 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 in 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 enjoying an early dinner together somewhere nearby. BYO\$.

 **CRE and CoA go to Lunar New Year Lion Dance Parade**
Sunday, February 12th ~ 11:15 AM ~ 1:00 PM, Chinatown

Come to Chinatown and celebrate the Lunar New Year - Year of the Rooster - featuring the Lion Dance Parade, food, and fun! We will go together as a group and return to ASC by 1:00 pm!

 **#BlackLivesMatter In Their Own Words**
Sunday, February 12th ~ 2:00 PM, Hunnewell Chapel

Black Lives Matter Boston will be speaking at ASC! Come hear from activists on the front lines about the struggle in our city and our country. Learn how individuals and faith communities can make a difference. No prior knowledge needed. All are welcome!