

office@ASCBoston.org or sign up at the Welcome Table in the parish hall after church today. More areas to follow!

Proposed Resolution on Palestine/Israel for General Assembly 2016

UUJME (Unitarian Universalists for Justice in the Middle East) has prepared a Business Resolution which we hope to get on the agenda for General Assembly (GA) next June. The Resolution would have the UUA divest from the securities of five corporations that enhance and profit from the conflict in the Middle East. In order to get this Business Resolution on the agenda, we need to collect at least 10 signatures of members of each of 25 congregations. Please sign the petition at the Social Action table in Parish Hall after the service to have this Resolution debated at the GA in June.

ARLINGTON STREET MINISTRIES

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 meet every Thursday 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.

Transformation Team for Racial Justice

The Transformation Team for Racial Justice is an ongoing task force of Arlington Street Church that seeks to identify and eliminate interpersonal and institutional barriers of racism and oppression, and build a justice-seeking, multiracial, multicultural community. If you have suggestions, questions, comments, or concerns for The Team, please email transformation@ASCBoston.org, attend our open meetings on the third Tuesday of every month from 7 - 8:30 PM or speak with a team member (Sarah Cooleybeck, Margy Herley, Peter Lowber, Laura Pattison, Nancy Perna, Steve Marable, and Barbara Seidl). Membership on the Team requires a one year commitment and anti-racism/anti oppression/multicultural training.

Animal Issues Group

Do you believe in kindness toward animals, yet are uneasy about the ways animals are treated in today's world? Have you considered switching to a plant based diet, but making changes seems overwhelming? Do you feel compassion for others should be as inclusive as possible? If you would like to see animal issues as part of our social action initiatives, please email socialaction@ASCBoston.org, and place *animal issues* in the subject line.

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, JANUARY 3RD, 2016

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.

Arlington Street Circle of Caring

Today & January 17th ~ 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 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.

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!

continued on next page...

Arlington Street's Literary Salon, The Wednesdays: Shakespeare's Plays

Wednesdays, January 6th and 20th, February 3rd and 17th ~ 6:00 PM, Frothingham Library

January 6th: *The Taming of the Shrew*

January 20th: *Love's Labour's Lost*

February 3rd: *Richard II*

February 17th: *Romeo and Juliet*

Professor Alan Helms and Rev. Kim welcome you to the second installment of the Wednesdays Shakespearathon! Reading all 38 of Shakespeare is admittedly a huge ambition and will take years to accomplish, but it's wholly appropriate, since Shakespeare is by universal consent not only the greatest writer in the English language, but one of the immortals of world literature (his only peers in that lofty realm are Homer, Dante, and Cervantes). We'll need to practice a good deal of patience with archaic language, attending to a plethora of footnotes, since there's no doing without them (unless you live in a world where you cut your meat with a bodkin and teach your children to say their orizons at bedtime). In other words, these Shakespeare courses are not for the faint of heart. But since it's generally true that "as ye sow, so shall ye reap," the rewards will be enormous. For many of us this will be one of the great experiences/accomplishments of our lives!

Embracing an Anti Racist World View

Saturday, January 9th ~ 10:00 AM - 3:00 PM, Arlington Street Church

Please join Rev. Kim and the ASC Transformation Team for Racial Justice for a special daylong workshop. This free session, being presented by the Center for Ethical Learning and Social Justice Renewal of New Orleans, has been customized specifically for the ASC community. To sign up, please visit the Welcome Table, e-mail transformation@ASCBoston.org, or speak with a team member (Sarah Cooleybeck, Margy Herley, Peter Lowber, Steve Marabel, Laura Pattison, Nancy Perna, or Barbara Seidl). Looking forward to seeing you there!

ANNOUNCEMENTS

Spiritual Passions 2016! Arlington Street Zen Center

Don't just do something; sit there! And when you sit, just sit. Very simple directives ... simple, but not easy!

Introduction to Meditation

Sunday, January 10th ~ 1:00-3:00 PM, Hunnewell Chapel

Join Rev. Kim and members of Arlington Street Zen Center for Meditation 101, including answers to burning questions such as, "Where do I put my legs?" and "How do I quiet my mind without going to sleep?" This ancient spiritual practice will bring profound benefits not just to you, but to all whose life touches yours. Wear comfortable clothing (and yes, you can meditate in a chair!)

Meditation Retreat

Sunday, February 28th ~ 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

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

This Week

Sunday, January 3, 2016

- *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 ASC Circle of Caring ~ Frothingham Library
- *12:30 PM OWL - Our Whole Lives ~ Perkins Room

Monday, January 4, 2016

- 6:30 PM Shambhala Meditation Class ~ Hunnewell Chapel

Tuesday, January 5, 2016

- 6:00 PM Worship Committee Meeting ~ Perkins Room
- *7:30 PM Spiritual Practice for Professional Caregivers ~ Frothingham Library

Wednesday, January 6, 2016

- *12:30 PM Staff Meeting ~ Perkins Room
- 6:00 PM Kundalini Yoga ~ Hunnewell Chapel
- 6:00 PM The Wednesdays ~ Frothingham Library

Thursday, January 7, 2016

- 7:00 PM Choir Practice ~ Clarke Room

Friday, January 8, 2016

- 5:00 PM Friday Night Supper ~ Parish Hall

Saturday, January 9, 2016

- 10:00 AM Embracing an Anti Racism World View ~ Hunnewell Chapel

Sunday, January 10, 2016

- *9:30 AM Music Rehearsal ~ Sanctuary
- 9:30 AM Social Action Committee Meeting ~ Smith Room
- 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 Introduction to Meditation ~ Hunnewell Chapel
- 1:00 PM Nominating Committee Meeting ~ Clarke 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



**ARLINGTON
STREET CHURCH**
Unitarian Universalist

(Buddhist teachings)-the 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 enjoying an early dinner together somewhere nearby. BYO\$.

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

Tuesday, January 12th ~ 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. Join us as we continue discussing Parvati Markus' newly-released *Love Everyone*, a collection of the stories of young spiritual seekers - most notably Ram Dass - traveling to India in the 1970s to study with the acclaimed teacher, Neem Karoli Baba. For our gathering on January 11th, please read through the end of Part Two.

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!

Stop Hunger Now!

Sunday, January 24th ~ 1:00 PM, Parish Hall

For the third year in a row, we're teaming up for a Stop Hunger Now meal packaging event as part of the Dr. Martin Luther King, Jr. Day (Week!) of Service. This year, we are thrilled to welcome our neighbors from Emmanuel Church to join our all-ages assembly line. Emmanuel has committed to 10,000 meals; together, our two congregations can and will assemble 20,000 meals! Bring everyone you know! All are welcome! Let's Stop Hunger Now!

VNACare Network and Hospice Seeks Volunteers

Join our Volunteer Team! VNA Hospice Care seeks volunteers to visit patients and families in your community. A volunteer may provide patients with company, give the spouse, partner, or other caregiver a needed break from caregiving, or help run errands.

A strong need exists for volunteers who can visit on weekdays. We are also looking for volunteers who can visit on Saturdays and Sundays. In addition, we seek musicians who would like to sing or play music quietly at the bedside; and Reiki practitioners who would like to give Reiki to patients and caregivers. Please call 781-569-2888 and ask to speak to a volunteer coordinator, or email lpalais@vnab.org for more information. Thank you!

Dining Out with Arlington Street Church Neighbors

The Membership Team is happy to announce that two more dinners with your Arlington Street neighbors are in the works! Lois Hartsough is planning an outing in Jamaica Plain, and Holly Hendricks and Tori Bell are gathering people who live in Wakefield, Medford, Melrose, Malden, etc. If you are interested in joining one of these dinners, please contact the organizers through the church office at