

Rev. Jade's new book, both a spiritual memoir and pastoral guide, is entitled *Where Two Worlds Touch*. In it, she shares the reassuring words of someone who has been there and can give advice on preserving connection, finding hope, and staying open to the possibility of grace. To read Rev. Jade's beautiful piece entitled "Acceptance and Gratitude: Transforming Spiritual Practices for Alzheimer's Caregivers," please see huffingtonpost.com/jade-c-angelica/acceptance-gratitude-tran_b_5699475.html.

A brief reading will be followed by questions and answers. Books will be for sale at a special price, and Rev. Jade will be happy to sign them for us. All are welcome!

Movie Night! "An Uncommon King"

Thursday, November 6 ~ 7:30-9:30 pm, Landmark Kendall Square Cinema, 355 Binney Street, Cambridge ~ Tickets: \$12

This past April, Sakyong Mipham Rinpoche, head of the Shambhala (Tibetan) Buddhist lineage, was our honored guest at Arlington Street. "An Uncommon King" is a new film that tells Rinpoche's story, beginning with the young Tibetan attempting to overcome language, cultural, and personal obstacles to take over from his wild, pioneering father (Trungpa Rinpoche).

An Uncommon King was shot over 17 years in Tibet, India, China, Europe, and North America. Through verité footage, interviews, and archival material, the documentary follows Rinpoche's father's escape over the mountaintops of Tibet, to Sakyong Mipham's birth in a refugee camp in India, growing up in Colorado, moving to Nova Scotia, his father's death, and becoming an "Earth Protector," part of a lineage of spiritual kings. When greed and aggression tip the balance of nature and society, he is called upon to continue his father's work to transmit the antidote: teachings on how to bring about a good human society. This film embraces the universal themes of family, heritage, and cultural survival. Above all, it is a story about human goodness.

ANNOUNCEMENTS

Covenant Renewal ~ Have You Pledged Yet?

Along with volunteer service, an annual pledge is an important component of membership at Arlington Street Church. Please fill out a pledge form and place it in the offering basket! Let's give to maintain the glorious building we love, to grow the programs we so enjoy, to support the minister and staff we depend on, and to make real our vision of love, service, justice, and peace in the world!

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 for more information!

Changes for OOS, Inside, the Web, & Reimbursements

Our Business Administrator, Phyllis Guiliano, has taken a new position and is no longer working at Arlington Street. There are two new people who now handle the publications and the finances.

- Laurinda O'Connor will be producing Inside and OOS and continuing her weekly role updating the ASC web content. When you have a listing for any of these, including Snapshot, please send it to publications@ASCBoston.org. The deadline is still Tuesday at noon!
- Adam Berman will take over the bookkeeping. Adam can be reached at bookkeeper@ASCBoston.org for reimbursements or for payments that need to be made to outside organizations, etc.
- Jeffrey Bouchard is responsible for donations, member contact information, pledge forms, and email distribution lists. Jeff can be reached at jbouchard@ASCBoston.org.

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, OCTOBER 12TH, 2014

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.

A Note on Today's Music

Mark David Buckles, Director of Music

Louis W. Ballard (1931-2007) was a Native American composer, educator, author, artist, and journalist of Cherokee and Quapaw descent.

Ballard composed numerous orchestral, choral, and chamber works, many composed on Native American themes or using texts in Native American languages. In addition, he compiled several volumes of Native American songs for classroom use.

Ballard wrote: "It is not enough to acknowledge that Native American Indian Music is merely different from other music. What is needed in America is an awakening and reorienting of our total spiritual and cultural perspectives to embrace, understand and learn from the Aboriginal American what motivates his musical and artistic impulses."

In the winter of 1838-39, the Cherokee were removed by president Andrew Jackson from their ancestral home in the Smokey Mountain region of the Carolinas, Tennessee, and Georgia and forcibly marched to Indian Territory, in present-day Oklahoma. Many died on the journey that became known as the "Trail of Tears."

Today's canticle, Gado Dajvyadvhneli Jisa ("One Drop of Blood") is an arrangement by Ballard of a Cherokee song that was sung by these exiles. The English text is a non-literal translation/adaptation by the composer.

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Honk! The 9th Annual Festival of Activist Street Bands

Today ~ 12 -4 PM ~ Harvard Square

Members and friends of Children's Religious Education invite you to join them in the street for this lively festival! Our own Rocco Femia will be flipping pancakes, Anna Cooleybeck will play horn, and all are welcome!

Stress-Reduction: Meditation and Stretching

Free Lecture and Demonstration ~ Sunday, October 12 ~ 2-4 PM

Cary Memorial Library, 1874 Mass. Ave, Lexington

Dr. Jing Liu, acupuncturist, will be speaking on the scientific basis of the health benefits of meditation and stretching. His wife, Annie Liu, acupuncturist, and several of their students will join him in demonstrating simple meditation and stretching techniques to reduce stress, pain, and depression and increase energy.

Dr. Liu has successfully treated many Arlington Street members and staff, and is a healing genius and a treasure! All are welcome.

THIS WEEK

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

Tuesday, October 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.

Buddha's Belly meets at 6 PM. We begin our discussion of Pema Chödrön's *The Wisdom of No Escape and the Path of Lovingkindness*. For the next meeting, please read to the end of Chapter 10.

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!

Music

Unity Singers

Sunday, October 19th - 11:00am, Sanctuary

Arlington Street Church welcomes a special guest ensemble, the Unity Singers, from the Unity Church-Unitarian in Saint Paul, MN. The Unity Singers is a nineteen voice choir directed by Ruth Palmer. Their vision is to illustrate the human experience through words, harmony and spirit. Please welcome these special guests!

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

This Week

Sunday, October 12, 2014

9:30 AM	Music Rehearsal ~ Sanctuary
9:30 AM	Social Action Committee ~ Smith Room
11:00 AM	Sunday Morning Worship ~ Sanctuary
11:15 AM	Childcare ~ Nursery (off Hunnewell Chapel)
12:00 PM	Coffee Hour and Lunch ~ Parish Hall
2:00 pm	Stress Reduction: meditation and Stretching' ~ Lexington

Monday, October 13, 2014

No congregational events

Tuesday, October 14, 2014

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

Wednesday, October 15, 2014

*11:30 AM	Staff Meeting ~ Perkins Room
6:00 PM	Kundalini Yoga ~ Hunnewell Chapel
*6:30 PM	Multiculturalism / Anti-Racism Workshop Class ~ Perkins

Thursday, October 16, 2014

7:00 PM	Choir Practice ~ Clarke Room
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Friday, October 17, 2014

5:00 PM	Friday Night Supper ~ Parish Hall
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Saturday, October 18, 2014

No congregational events

Sunday, October 19, 2014

9:30 AM	Music Rehearsal ~ Sanctuary
11:00 AM	Sunday Morning Worship ~ Sanctuary
11:00 AM	Unity Singers ~ Sanctuary
11:15 AM	Children's Religious Education ~ Perkins, Parish, Stage Right
12:00 PM	Coffee Hour and Lunch ~ Parish Hall
12:30 PM	REV. Jade Angelica Book Signing ~ 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



ARLINGTON
STREET CHURCH
Unitarian Universalist

Inside Out Concert: Bach! Featuring Violinist Kris Tong

Sunday, October 26th ~ 3:00 PM, Chapel, FREE, Donations Gratefully Accepted

Kris Tong, violinist of the Borromeo String Quartet, is returning to Arlington Street Church to continue his series of Bach unaccompanied violin works. He will perform the Sonata No. 3 in C Major, BWV 1005. Last year, Mr. Tong performed the Partita No. 2 in D minor to a standing room only audience.

Eli Epstein, music director of the Inside Out Concert Series, will be the tour guide for this substantial work. The award-winning Inside Out approach helps concertgoers access their memories and activate their imaginations so that they can have more moving, meaningful, and personal experiences with classical music.

Join the Arlington Street Choir this Fall!

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. One highlight of our coming fall repertoire will be Benjamin Britten's resplendent masterwork, Rejoice in the Lamb.

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.

Save the Date

Bring A Friend Sunday!

Sunday, October 19th ~ 11:00 am, Sanctuary

Bring your friends and families to a Sunday dedicated to sharing the spirit, the joy, and the nourishment of our worship together! Invite those who are curious or those looking for a new spiritual home to experience Arlington Street!

There is a lot going on October 19th! In addition to our regular events, we hope you enjoy the music of the Unity Singers, and stay for Rev. Jade Angelica's book reading after the service! What a great day to experience Arlington Street! All are welcome!

A Spiritual Journey Through Alzheimer's Disease

Book Reading & Signing with Rev. Dr. Jade Angelica

Sunday, October 19th ~ 12:30 PM, Hunnewell Chapel

Please join Rev. Kim in welcoming her beloved colleague, Jade Angelica, whose ground breaking work offers hope, inspiration, and healing through her "Healing Moments Alzheimer's Ministry." (healingmoments.org). Rev. Jade writes, "Our mission is to improve the quality of life for persons with Alzheimer's and dementia, reduce caregiver stress, and inspire a hopeful attitude. Our intent is to help caregivers and communities develop a deeper understanding of these diseases, and nurture the belief that deep, meaningful relationships remain possible throughout all the stages of dementia."

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