

 **Arlington Street Circle of Caring**
Sunday, October 25th ~ 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.

 **Arlington Street Samhain Celebration**
Saturday, October 31st ~ 8:00 PM, Hunnewell Chapel

Morgan Johnstone, Doc Kinne, and Rachel Corey warmly invite you to come join in observing Samhain, the Pagan New Year! We will celebrate the year behind us and focus our intentions towards the year ahead. Please see the Welcome Table for more information. All are welcome!

 **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, OCTOBER 4TH, 2015

TODAY

 **Blessing of the Animals**
Today ~ 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, in a photo) to be blessed. Welcome to this happy, hilarious, and love-filled worship service!

 **Coffee Hour and Lunch**
Today ~ Immediately following worship, Parish Hall

Let's all gather downstairs for coffee, soup, sandwiches, and community! To celebrate Blessing of the Animals, Jon Ellertson is featuring a vegan feast! 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.

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!

 **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

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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.

Announcements



Maine Walk for Peace

October 9-24th ~ Maine

Our own Connie and Pat Scanlon invite us to join in any or all of the Maine Walk for Peace, sponsored by the Maine Veterans for Peace! The walk, which will travel along Route 1 from Ellsworth, Maine to Portsmouth, New Hampshire, will call attention to the Pentagon's impact on the oceans, and is calling for their demilitarization of the seas. For more information, please visit <http://vfpmaine.org>



Rice Sticks and Tea: Looking for Volunteers

Saturday, October 10th ~ 7:45 AM - 9:30 AM, Parish Hall

Did you know that Cantonese is the primary language spoken in the Parish Hall on every second Saturday morning of the year? Rice Sticks and Tea, which distributes food to over 100 Chinese families, is a non-profit organization run by a board of Chinese American professionals (lawyers, engineers, entrepreneurs, etc.).

Volunteers are needed to bag and distribute the food, and to help clean up. It is a very rewarding experience! If you are interested, please come help on Saturday, October 10th. If you have any questions, please contact socialaction@ASCBoston.org.



HONK!

Sunday, Oct. 11th ~ 11AM, Herbert and Day Streets in Davis Square

CRE will be joining Bread & Puppet to march in the annual HONK! parade of activist street bands in Somerville and Cambridge. We are meeting at 11 AM at Herbert and Day Streets in Davis Square, wearing white. The parade starts promptly at 12 noon and will finish at Harvard Square by 1:15 PM. All children, families, youth, and friends of CRE are invited! Childcare will be provided for the service at Arlington Street Church for any children that are present. If you have any questions or need more information please email Laura at LES@ascboston.org.



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

Tuesday, October 13th ~ 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 continue our discussion of Daniel Goleman's new book, *A Force for Good: The Dalai Lama's Vision for Our World*. Please read Part One and 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!

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

This Week

Sunday, October 4, 2015

*9:30 AM Music Rehearsal ~ Sanctuary
11:00 AM Sunday Morning Worship-Blessing of the Animals ~ Sanctuary
11:15 AM Children's Religious Education ~ Nursery, Chapel, Perkins
12:00 PM Coffee Hour and Lunch ~ Parish Hall
1:00 PM Prudential Committee Meeting ~ Clarke Room

Monday, October 5, 2015

6:30 PM Meditation in Everyday Life-Shambhala ~ Hunnewell Chapel

Tuesday, October 6, 2015

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

Wednesday, October 7, 2015

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

Thursday, October 8, 2015

7:00 PM Choir Practice ~ Clarke Room

Friday, October 9, 2015

5:00 PM Friday Night Supper ~ Parish Hall

Saturday, October 10, 2015

No congregational events are scheduled.

Sunday, October 11, 2015

*9:30 AM Music Rehearsal ~ Sanctuary
9:30 AM Social Action ~ Smith Room
11:00 AM Sunday Morning Worship ~ Sanctuary
11:00 AM CRE@Honk Festival ~ Herbert & Day Streets in Davis Square
11:15 AM No formal Children's Religious Education
12:00 PM Coffee Hour and Lunch ~ Parish Hall

* 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



The Wednesdays: Flannery O'Connor

Wednesdays, 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 Wednesdays, Alan has combined a short story with two longer ones, to even out your readings. We'll discuss the stories as follows:

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"



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?



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.