

 **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 10<sup>th</sup> ~ 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 28<sup>th</sup> ~ 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, 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\$.

---

**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 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.



**ARLINGTON  
STREET CHURCH**  
Unitarian Universalist

**WELCOME TO OUR NEWEST MEMBERS!**

Here is how our newest members responded to these few questions.

1. *Where did you grow up?*
2. *Are you new to Unitarian Universalism, or did you grow up in the faith?*
3. *Do you have any special interests you'd like to share?*
4. *Do you have a message for the congregation?*

**MICHAEL N. HOLLISTER**

I grew up in Waltham, Massachusetts, am a returning member of the UU church, and happy to be back! I am very passionate about music, yoga, and theatre. I work as a rehab specialist in a group home for men with disabilities. I feel that ASC is the number one church in the community to embrace the GBLT population and lend a hand to those who need the love. Can't wait to be a part of that vision. Peace.

**LISA M. KIRK**

I grew up in Lynn, Massachusetts, in a Catholic home, but have been UU since 1998. I am passionate about pastoral care and photography. I am so grateful to join you on this journey of faith and love.

**JONAH H. BEUKMAN**

I grew up in Norwood, Massachusetts. My special interests include reading, writing, volunteering, relationship building, Zumba, vegan/vegetarian cooking, and independent film. I am also in a very serious relationship with my Netflix account. And, I am looking forward to being a member of this church!

**STEFANIE SHULL**

I grew up in Louisville, Kentucky. I grew up with Unitarian Universalism but wasn't part of a UU church again until I was 30. When Joe and I got together, he expressed interest in being part of a faith community, and we rediscovered UUism together. My special interests include bicycles, how things are made, and food (a perfect day would involve biking somewhere to watch how toasters are built then going for brunch). I have enjoyed getting to know some of you, and look forward to getting to know the rest!

**JOE HARRIS**

I grew up in Louisiana. I discovered Unitarian Universalism in Madison, Wisconsin when I was a graduate student looking for a faith community. A UU Minister married us, and we joined the UU church in Oak Park, Illinois when we lived in Chicago before coming here. My special interests include tennis, watching football, fly fishing, cooking, and brunch. I look forward to the service each week and sharing lunch afterwards. I look forward to getting to know you and our children growing up in this community.

**INSIDE**  
ARLINGTON STREET CHURCH

*NEWS FROM THE SOUL OF SUNDAY*  
SUNDAY, NOVEMBER 22<sup>ND</sup>, 2015

---

**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. Special thanks to CRE for making the "Stone Soup!"

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 Church Corporation Meeting**

Today ~ 12:30 PM, Hunnewell Chapel \*Vote required

**Agenda**

\*Membership Update ..... Doc Kinne  
\*Special Election: New Co-Moderator ..... Gaby Whitehouse  
GA Delegates Report ..... Joanna Lubkin  
Report on Ramp and Tiffany Windows ..... Rev. Kim and others  
Treasurer's Report ..... Susie Nacco  
Q&A on Written Reports  
Other Business



**Corporation Meeting: General Assembly Delegate Report**

Today ~ 12:30 PM, Hunnewell Chapel

The Arlington Street delegates to the General Assembly in Portland, Oregon this past June present a brief report of their experiences and learnings at today's Corporation Meeting.

In the last few weeks, they have shared several videos and articles about memorable moments, important decisions, and other items of note from their trip.

This video shares a portion of a worship service with a reading of an excerpt of the poem "Let America Be America Again" by Langston Hughes, a new hymn, and Rev. Marlin Lavanhar's sermon "For Just Such a Time as This" which encourages us to be courageous and real with each other: <http://tinyurl.com/RevMarlin-UUGA>

Here are the previous links in the series, in case you missed them:

<http://tinyurl.com/June26atUUGA>

<http://tinyurl.com/UUWorld-GA>

<http://tinyurl.com/CornellWest-UUGA>

*continued on next page...*

## Arlington Street Circle of Caring

Today ~ 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.

## CRE Band

Today ~ 12:30-1:00 PM, Clarke Room

Kids and Youth, come join the band! Bring your voices and musical instruments! For more information, please contact children's religious educator Laura Evonne Steinman at [les@ascboston.org](mailto:les@ascboston.org). All welcome!

## Boston Transgender Day of Remembrance

Today ~ 4:00 PM, St. Paul's Cathedral, 138 Tremont St.

The annual Transgender Day of Remembrance (TDOR) memorializes individuals who have died throughout the world in the previous year because of anti-transgender hatred. Each November, the worldwide transgender community turns its attention to family, friends and loved ones lost to violence and prejudice. A tradition inspired by the Allston, MA vigil for slain transgender woman Rita Hester in 1998, this day has become the worldwide rallying point for a community long under siege.

---

## 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!

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

Tuesday, November 24<sup>th</sup> ~ 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. There are several books in the queue for our next read! Please peruse these, and come prepared to campaign for your favorite:

*Street Zen* by David Schneider

*Surfing the Himalayas* by Frederick Lenz

*What Makes You Not a Buddhist* by Dzongsar Jamyang Khyentse

*Love Everyone* by Parvati Markus

Please visit [ASCBoston.org](http://ASCBoston.org) for Amazon links to these books.

*We invite you to cut out this calendar or view the full calendar at [ASCBoston.org](http://ASCBoston.org)*

## This Week

### Sunday, November 22, 2015

*9:30 AM	Music Rehearsal ~ Sanctuary
9:30 AM	Breakfast and Joining ~ Chapel
11:00 AM	Sunday Morning Worship ~ Sanctuary
11:15 AM	Children's Religious Education ~ Nursery, Chapel, Perkins
12:00 PM	Coffee Hour and Lunch ~ Parish Hall
12:30 PM	Corporation Meeting ~ Hunnewell Chapel
12:30 PM	ASC Circle of Caring ~ Frothingham Library
12:30 PM	CRE Band Practice ~ Clarke Room

### Monday, November 23, 2015

6:30 PM	Membership Team ~ Perkins Room
---------	--------------------------------

### Tuesday, November 24, 2015

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

### Wednesday, November 25, 2015

6:00 PM	Kundalini Yoga ~ Hunnewell Chapel
---------	-----------------------------------

### Thursday, November 26, 2015

Church office will be closed, Happy Thanksgiving!

### Friday, November 27, 2015

5:00 PM	Friday Night Supper ~ Parish Hall
---------	-----------------------------------

### Saturday, November 28, 2015

No congregational events are scheduled.

### Sunday, November 29, 2015

*9:30 AM	Music Rehearsal ~ Sanctuary
11:00 AM	Sunday Morning Worship ~ Sanctuary
11:15 AM	Children's Religious Education ~ Nursery, Chapel, Perkins
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](http://www.ASCBoston.org)*



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!

---

## ANNOUNCEMENTS

---

## World AIDS Day Beloved Community, Beloved Work: Moving Forward in Life

Friday, December 1<sup>st</sup> ~ 6:30 PM, Cambridge Friends Meeting House, 5 Longfellow Park, Cambridge

World AIDS Day is a time when our community can gather to remember those we have lost to AIDS, celebrate their and our lives together, and make a commitment to continue living in love. Please join local faith communities as we enter into the practice of community remembrance and celebration through meditation, chanting, music, personal sharing, and silence.

## 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](mailto:lpalais@vnab.org) for more information. Thank you!

## Dining Out with Arlington Street Church Neighbors

After hearing about the good time the Merrimac Valley contingent is having dining out together The Membership Team has decided to try this in different areas of the ASC Community. We're starting with the these areas: Cambridge, Somerville, Belmont, and Arlington.

Anybody who lives in these towns and is interested in getting together for dinner can contact Gaby Whitehouse at [office@ascboston.org](mailto:office@ascboston.org), or sign up at the Welcome Table in the parish hall. More areas to follow!

## Want To Showcase Your Crafts at the Holiday Bazaar?

Sundays, December 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> ~ 12 - 2:00 PM, Parish Hall

December is around the corner, and it's almost time for our Holiday Bazaar! Would you like help make this happen? Please speak with Laura Evonne ([les@ascboston.org](mailto:les@ascboston.org)) ASAP or sign up at <https://docs.google.com/forms/d/1vSiUf1RRVeAWfQCKPgvlX3ZLpG9C2LhNZcNGmPEyV3k/viewform>. Would you like to reserve a table? Each table is asked to make a free-will donation to the church from their proceeds.

## Save the Date!

Saturday, January 9<sup>th</sup>, Arlington Street Church

All-day workshop with Arlington Street's Transformation Team for Racial Justice! All in!