

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.

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 p.m. 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.

We can discuss how to make changes in our daily lives, support the national UU Animal Ministry, and educate interested members of our congregation about living more mercifully, healthfully, and sustainably.

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, NOVEMBER 29TH, 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.

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!

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

Friday, December 1st ~ 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.

ANNOUNCEMENTS

Experiencing Awe: Spirituality & Nature Sunday, December 6th ~ 12:30 PM, Hunnewell Chapel

Carl Sagan famously said that we are the Universe experiencing itself. Trek on the Trail and Laura Evonne Steinman are pleased

continued on next page...

to bring Rabbi Yaakov Reef to speak on spirituality and nature. Join us for a talk & discussion on hiking and stargazing as spiritual practices connecting us to that Universal experience.

Reb Yaakov is a regionally recognized speaker on nature spirituality, backpacking & stargazing, and queer inclusivity and has taught for the Adamah Farm Fellowship, Star Island Natural History Conference, and Elat Chayyim Center for Jewish Spirituality. The talk & discussion will be informative and engaging with all welcome to participate.

He is now preparing for a ten-month pilgrimage on the Eastern Continental Trail - spanning 4200 miles, including the Appalachian Trail and the Florida National Scenic Trail - to begin this January. Learn how you can become involved after the talk & discussion or at <http://www.trekonthetrail.com>. Light kosher, vegan, GF refreshments will be available.

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

Tuesday, December 8th ~ 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 for Amazon links to these books.

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!

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

After hearing about the good time the Merrimac Valley contingent is having, the Membership Team is expanding dining out together to Cambridge, Somerville, Belmont, and Arlington.

If you live in one of these towns and are interested in getting together for dinner, please contact Gaby Whitehouse at office@ascboston.org or sign up at the Welcome Table in the parish hall after the service. More areas to follow!

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

This Week

Sunday, November 29, 2015

*9:30 AM Music Rehearsal ~ Sanctuary
11:00 AM Sunday Morning Worship ~ Sanctuary
11:15 AM Children's Religious Education ~ Perkins
12:00 PM Coffee Hour and Lunch ~ Parish Hall

Monday, November 30, 2015

No congregational events are scheduled.

Tuesday, December 1, 2015

6:00 PM Worship Committee ~ Perkins

Wednesday, December 2, 2015

6:00 PM Kundalini Yoga ~ Hunnewell Chapel

Thursday, December 3, 2015

7:00 PM Choir Practice ~ Clarke Room

Friday, December 4, 2015

5:00 PM Friday Night Supper ~ Parish Hall

Saturday, December 5, 2015

No congregational events are scheduled.

Sunday, December 6, 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
12:00 PM Holiday Bazaar ~ Parish Hall
*12:30 PM OWL-Our Whole Lives ~ Perkins Room
12:30 PM CRE Band ~ Clark Room
12:30 PM ASC Circle of Caring ~ Frothingham Library
12:30 PM Experiencing Awe ~ Hunnewell Chapel
3:00 PM Memorial Service David Tesik-Glicken ~ Sanctuary

* **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



Want To Showcase Your Crafts at the Holiday Bazaar?

Sundays, December 6th, 13th, 20th ~ 12:00 - 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) 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.



CRE Band

Sunday, December 6th ~ 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. All welcome!



Arlington Street Circle of Caring

Sundays, Dec 6th & 20th, Jan. 3rd & 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.



Save the Date!

Saturday, January 9th ~ Arlington Street Church

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



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 (Buddhist teachings)-the same format as our twice-monthly gatherings, just a longer session.