

## Special Guest: Lama Surya Das

Sunday, May 22<sup>nd</sup>, 11:00 AM

*We all have the same twenty-four hours a day. So where did all the time go, in this time-famine era? We can spend hours feeling hurried and harried, overwhelmed by chores and demands, distracted and burned out ... or we can awaken to life in Buddha Standard Time: the realm of timelessness where every choice, every action, and every breath can be one of renewal and infinite possibilities.* - Lama Surya Das

Renowned teacher and bestselling author Lama Surya Das – a leading spokesperson for Buddhist and transformative contemporary spirituality – will join Rev. Kim in our high pulpit to share one of the great realizations of Buddhism, an insight that anyone can learn to apply. By learning to live in this dimension – Buddha Standard Time – we can reduce the amount of stress, disharmony and distraction in our lives and find greater focus, fulfillment, creativity, and mindful awareness – wisdom. Drawing on Tibetan Buddhism and other great wisdom traditions, as well as on neuroscience and holistic traditions, Lama Surya Das shares real-world examples, practical exercises, and essential techniques. Far from being at the mercy of time’s demands, we will finally realize that we have, in fact, all the time in the world.

Following the service, Lama Surya Das will be on hand in the Hunnewell Chapel to sign his newest book, *Buddha Standard Time*.

“This book is Lama Surya Das in his most tone-perfect Western guru voice: authoritative, inviting, generous, funny, poetic, imaginative and informative and totally accessible. For newcomers to Buddhism (and non-Buddhists interested in universal wisdom!) and “old hands” at practice, this is a delightful read. It promises nothing less than a liberated life, freed from the angst over the tyranny of time, though the practice of loving presence. The “To Do” sections are remarkable interesting and inspiring.”

— Sylvia Boorstein, author of *Happiness Is An Inside Job: Practicing for a Joyful Life*

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## SPECIAL ANNOUNCEMENTS

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### Donate Your Used Books Now for the Upcoming Sale

Sundays at Noon ~ Social Action Committee Table, Parish Hall

We will still accept book donations today for our annual sale happening Sundays in May. This is a great chance to trade in all those books overflowing your bookcase and spilling onto the coffee table, so you can make room for new selections from the sale. Proceeds go to support the activities of the Social Action Committee, including Only a Child, Haiti, New Sanctuary Movement, Villages Without Walls. Speak with Ed Wright, Doug Fiero, or email [office@ASCBoston.org](mailto:office@ASCBoston.org) if you have questions.

### Did You Enjoy Today’s Sermon? Share It!

If you enjoyed today’s sermon, a great way to share it with family and friends is via our podcast. The sermon podcast from Arlington Street Church delivers our weekly sermon to listeners around the world. Over 200 sermons are available, 15-20 minutes each. Simply search for “ASC Sermon Podcast” in iTunes, or go to our home page for a convenient link (<http://www.ascboston.org>)!

## COVENANT RENEWAL PLEDGE FORM

July 2011 through June 2012

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I/We Commit an Annual Total of \$ \_\_\_\_\_ to Support the Work of the Arlington Street Church for July 2011 - June 2012.

My/Our Pledge for the Church Fiscal Year Will Be Paid:

Weekly  Monthly  Quarterly

Semi-annually  One payment  Or As Follows: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Contributions may be made via cash, check, or credit card. If you are paying your pledge with cash via the Sunday collection, be sure to clearly mark the envelope with your name(s) and indicate “*Pledge Payment*”. Checks should be made payable to Arlington Street Church and also please include “2012 pledge payment” on memo line. If you wish to use a credit card, please complete the information below:

Mastercard  Visa Zip Code: \_\_\_\_\_

Credit Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

One Time Charge  Monthly Contribution

### 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**. Your message will be received by the Church’s administrative assistant so it can find its way to the appropriate people. Please speak your “truths in love” and include your name and contact information so we can follow-up. Thanks! For emergencies, please see “**Our Caring Community**” to the right.

### SCHEDULING EVENTS AT ARLINGTON STREET CHURCH

All issues dealing with building usage, for both congregational usage and rentals, must be coordinated by Jeffrey Bouchard, Assistant to the Administrator. 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](mailto:JBouchard@ASCBoston.org).

### INSIDE SUBMISSION GUIDELINES

Please email all Sunday “Inside” announcements before Tuesday noon to [print@ascboston.org](mailto:print@ascboston.org). Phyllis Guiliano (church administrator) will receive this email and will compile all of the announcements for publication. Materials must be legible, signed, and fully composed and may be edited, as space is limited. Please note that we only publish submissions related to Arlington Street events or the wider Unitarian Universalist community.

### OUR CARING COMMUNITY

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!

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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](mailto:office@ASCBoston.org) • Web: [www.ASCBoston.org](http://www.ASCBoston.org)

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# INSIDE



# ARLINGTON STREET CHURCH

## NEWS FROM THE SOUL OF SUNDAY

SUNDAY, MAY 8<sup>TH</sup>, 2011

HAPPY MOTHER’S DAY!

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## TODAY

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### Coffee Hour

Parish Hall, immediately following the worship service

Let’s all gather downstairs for a special Mother’s Day brunch! If you’re visiting Arlington Street Church, or would like information about Unitarian Universalism, please visit the Welcome Table.

We also want to share that the workload for our Sandwich Board team is considerable, and we would welcome additional volunteers to help with food preparation and, especially, with clean-up. **We’d like to suggest that all who enjoy the refreshments offer at least one Sunday to assist with dishes and other clean-up tasks.** For more information about joining our team, please contact Jon Ellertson or Sharon Pressly-Fiero at [office@ASCBoston.org](mailto:office@ASCBoston.org).

### Second Sunday Circle Celebration

Today ~ 3:00 PM, First Parish Church of Stow & Acton, 353 Great Road, Stow MA at intersection of routes 117 and 62

This monthly worship service by and for people of color and their families (including children) is sponsored by Diverse, Revolutionary, Unitarian Universalist Multicultural Ministries (DRUUMM). Please bring food for the potluck, and then join us for worship.

For our last two gatherings during this church year, we will be meeting off site. Today, one of our own, Walter LeFleur will be ordained at the Stow church at 3 PM. Please attend to offer support and congratulations to Walter.

On June 12<sup>th</sup> two of our own, Clyde Grubbs and Michelle Walsh, will be married at the Unitarian Universalist Church in Roxbury at 3 PM. Please plan to attend the service to offer your congratulations to Clyde and Michelle.

Please look for updates about the fall, where you can join us at Arlington Street Church.

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## THIS WEEK

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

Tuesday, May 10<sup>th</sup> ~ 6:00 PM, Hunnewell Chapel

Buddha's Belly meets every second and fourth Tuesday throughout the church year. We are reading Sharon Salzberg's Faith. Join us!

Buddha's Belly is followed at 7:00 pm by a gathering of the Arlington Street Zen Center with seated and walking meditations, a dharma talk and conversation. All are welcome!

### Kundalini Yoga Class

Wednesday, May 11<sup>th</sup> ~ 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 will be a \$10 charge that goes to the church.

### The Wednesdays Literary Salon

Wednesdays, Weekly, April 20<sup>th</sup> - May 11<sup>th</sup> ~ 6:00 PM, Frothingham Library

Spring is in the air! It must be time for LOVE. Join us as we romp through every author's favorite and most confounding topic. For a list of the readings for our fourth week's gathering, please see <http://home.comcast.net/~sbyc/>. For more information, please contact Rev. Kim. All are welcome!

### Keshet Interfaith Gathering

May 11<sup>th</sup>, 7:45 PM ~ Hunnewell Chapel

Do you attend a church on Sundays and Shul on Fridays? Do you chant or meditate? Are you involved in a partnership where you come from different faith upbringings? If so, then bring your whole self with you for an evening of conversations about our spiritual/social journeys and how we weave together our Jewishness with other traditions. Our conversations will be guided in a relaxed setting by our Religious Educator Laura Evonne Steinman, who was raised Unitarian Universalist, with Jewish and Catholic roots. RSVP to [office@ASCBoston.org](mailto:office@ASCBoston.org) by Monday, May 9<sup>th</sup>. Cosponsored by Arlington Street Church — Unitarian Universalist.

### Renewing Our Commitment to Multicultural Ministries

Saturday, May 14<sup>th</sup>, 9 AM - 3 PM ~ First Church in Littleton, MA

This is a program from Unitarian Universalist GRACE: Growing Racial and Cultural Equality. You are invited to participate in this gathering of congregational teams seeking to grow their capacity to engage in multicultural ministries! The leader, Paula Cole Jones, is an antiracism consultant and lifelong member of All Souls Church (Unitarian Universalist) in D.C. She's fabulous! Fee: \$25 per person; \$100 for a congregational team. Morning refreshments and lunch will be provided. Let's go! If you'd like to be part of Arlington Street's team, please contact Sarah Richards through the church office: [office@ASCBoston.org](mailto:office@ASCBoston.org).

*We invite you to cut out this calendar and clip it to your refrigerator or bulletin board!*

## This Week

### Sunday, May 8, 2011

- 9:30 AM Choir Rehearsal ~ Sanctuary
- 11:00 AM Sunday Morning Worship ~ Sanctuary
- 11:15 AM Children's Religious Education ~ Perkins Room
- 12:00 PM Mother's Day Brunch ~ Parish Hall
- 12:30 PM Nominating Committee ~ Smith Room
- 3:00 PM Second Sunday Circle Celebration ~ Stow MA

### Monday, May 9, 2011

- 6:00 PM What Moves Us ARE ~ Perkins Room
- 7:00 PM Gay Men's Spirituality Group ~ Hunnewell Chapel

### Tuesday, May 10, 2011

- 6:00 PM Buddha's Belly~ Hunnewell Chapel
- 7:00 PM Arlington Street Zen Center ~ Hunnewell Chapel
- 7:00 PM New Sanctuary Movement ~ Parish Hall

### Wednesday, May 11, 2011

- \*3:30 PM Staff Meeting ~ Perkins Room
- 6:00 PM Kundalini Yoga ~ Hunnewell Chapel
- 6:00 PM Wednesdays Literary Salon ~ Frothingham Library
- 7:45 PM Keshet Interfaith Evening ~ Hunnewell Chapel

### Thursday, May 12, 2011

- 5:30 PM Finance Committee ~ Perkins Room
- 7:00 PM Choir Rehearsal ~ Clarke Room

### Friday, May 13, 2011

- 5:00 PM Friday Night Supper Program ~ Parish Hall | Kitchen

### Saturday, May 14, 2011

- 7:00 AM Ricesticks & Tea ~ Parish Hall
- 10:00 AM Soul Sisters ~ Perkins Room

### Sunday, May 15, 2011

- 9:30 AM Choir Rehearsal ~ Sanctuary
- 11:00 AM Sunday Morning Worship ~ Sanctuary
- 11:15 AM Children's Religious Education ~ Perkins Room
- 12:00 PM Coffee Hour ~ Parish Hall
- 1:30 PM Inside Out Concert ~ Sanctuary

**NOTE:** This calendar is accurate as of noon the Tuesday before publication and only includes events directly related to the congregation. For complete, up-to-date calendar listings over the coming months, visit [www.ASCBoston.org](http://www.ASCBoston.org).

\* Denotes closed meetings

*For more information, please visit [www.ASCBoston.org](http://www.ASCBoston.org)*



ARLINGTON  
STREET CHURCH  
Unitarian Universalist

### Soul Sisters

Saturday, May 14<sup>th</sup> ~ 10:00 AM, Perkins Room

Soul Sisters is a women's spirituality group that meets on the second Saturday of each month. Our small group format, coupled with topics chosen to facilitate sharing and reflection, provides opportunities for deepening relationships and building community. Our time together is spent sharing, listening, laughing, and enjoying a meal. If you are interested in joining the group, please ask for information at the welcome table during coffee hour or contact the church office.

### Oikocredit Presentation

Sunday, May 15<sup>th</sup> ~ 11:45 AM, Emmanuel Church, 15 Newbury Street

Executive Director Terry Provance, of OikocreditUSA, will be giving a presentation at Emmanuel Church on micro-finance and Oikocredit's work in 71 countries. Oikocredit was founded in 1975 by the World Council of Churches and has now reached 17 million people worldwide. The lecture will introduce the concept of micro-finance and will include a description of how an investment with Oikocredit can produce a small annual dividend and a large social reward. Q&A and refreshments will follow the talk. It is fine to arrive after the Arlington Street Church service is over. All are welcome!

For more information, please call Kathy Greenough, Oikocredit USA's Boston Outreach Coordinator, at 617-262-0657 or email [kgreenough@verizon.net](mailto:kgreenough@verizon.net).

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## SAVE THE DATE

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### Inside Out Concert: Mozart!

Featuring members of the Boston Symphony Orchestra

Sunday, May 15<sup>th</sup>, 1:30 PM ~ Sanctuary, Free, donations gratefully accepted

Mozart Violin Concerto No. 4 in D major, K. 218

Mozart Symphony No. 29 in A major, K. 201

\* Julianne Lee, violin

\* Eli Epstein, conductor and tour guide

\* Inside Out Chamber Orchestra

Inside Out builds bridges to audiences by showing that a connection with music is not so much about knowing; it's more about tapping into the emotional essence and universal human experience that's inherent in every work of art, be it music, dance, theatre, film, or visual art. This innovative interdisciplinary approach helps concertgoers access their memories and activate their imaginations so that they can have more moving, meaningful, and personal experiences. For more information, please see [www.eliepstein.com](http://www.eliepstein.com).

### Prayer Vigil for Immigrant Detainees

Sunday, May 15<sup>th</sup>, 2 PM ~ Suffolk County House of Correction

We will meet at the Social Action table at 1:15 PM and drive to the vigil at 20 Bradston Street in Boston. Sponsored by New Sanctuary Movement. For more information or for directions to Suffolk County House of Correction, email [socialaction@ascboston.org](mailto:socialaction@ascboston.org).

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