

Lama Surya Das is one of the foremost Western Buddhist meditation teachers and scholars, one of the main interpreters of Tibetan Buddhism in the West, and a leading spokesperson for the emerging American Buddhism. The Dalai Lama calls him “The Western Lama.”

Surya has spent thirty-five years studying Buddhism with the great masters of Asia, including the Dalai Lama’s own teachers, and has twice completed the traditional three year meditation cloistered retreat at his teacher’s Tibetan monastery. Founder of the Western Buddhist Teachers Network with the Dalai Lama, he is also active in interfaith dialogue and social activism and regularly organizes its international Buddhist Teachers Conferences.

Surya Das is the author of many bestselling books, including *Awakening the Buddha Within: Tibetan Wisdom for the Western World*, and, most recently, *The Mind is Mightier Than the Sword*.

Please join us! All are welcome!

### **Arlington Street Church Now Has A Facebook Page!**

Visit [www.facebook.com/ArlingtonStreetChurch](http://www.facebook.com/ArlingtonStreetChurch)

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## **Other Announcements**

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### **Purchase A Holiday Gift For A Friday Night Supper Guest**

To celebrate 25 years of providing hot, nutritious meals to the homeless, the Friday Night Supper Program is giving its guests the opportunity to request one item they would like to receive as a holiday gift. The Friday Night Supper Program needs cash donations to meet the many anticipated requests. If you would like to purchase a gift for a homeless guest (price range \$25-\$40), please contact Caroline Carwood at [info@fridaynightsupper.org](mailto:info@fridaynightsupper.org) before the end of November.

### **Climate Change**

**What you can do at home to reduce Green House Gas Emissions**

*It is important to control the emission of greenhouse gases (carbon dioxide from the burning of oil, natural gas and coal, methane and other gases) because they trap heat in the atmosphere which causes significant changes in global temperatures and climate patterns. Some observed changes include shrinking of glaciers, sea level rise, thawing of permafrost, later freezing and earlier break-up of ice on rivers and lakes, lengthening of growing seasons, shifts in plant and animal ranges and earlier flowering of trees.*

**Change 5 lights** — Change a light, and you help change the world. Replace the conventional bulbs in your 5 most frequently used light fixtures with bulbs that have the ENERGY STAR and you will help the environment while saving money on energy bills. If every household in the U.S. took this one simple action we would prevent greenhouse gases equivalent to the emissions from nearly 10 million cars.

### **Share the Gift of Service through PetPals**

PetPals is a successful pet visitation program that coordinates visits by dogs and cats and their owners to elderly residents of long-term care facilities in Boston. The program is run by MATCH-UP Interfaith Volunteers in cooperation with the Animal Rescue League (ARL) of Boston.

MATCH-UP recruits, interviews, and carefully screens volunteers and their pets before they can participate in PetPals. Stop by the Social Action Committee table today after service for more information. Or contact MATCH-UP directly at (617)482-1510 or <http://www.matchelder.org/services/petpals.html>.

If your child grows restless during worship, please be welcome to bring her or him to the nursery (located off of the Chapel, through the leather door). The service is piped-in, so you won't miss a word, and your child will be happy.



UNITARIAN  
UNIVERSALIST  
ASSOCIATION OF  
CONGREGATIONS

#### **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](mailto:Comments@ASCBoston.org) or leave a note in the suggestion box outside the Church Office. 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.

#### **Inside Submission Guidelines**

Please deliver all Sunday announcements before Tuesday at 3:00 pm by e-mail to [communications@ASCBoston.org](mailto:communications@ASCBoston.org). Announcements will not be accepted by telephone. 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.

#### **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. \*8 14 or by e-mail at [JBouchard@ASCBoston.org](mailto:JBouchard@ASCBoston.org).

#### **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. 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! Also, please be attentive when exiting the church into the alley. When walking in the alley avoid being alone, carry a cell phone, walk in the center of the road, and pay attention!

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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, NOVEMBER 15<sup>TH</sup>, 2009

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### **Today**

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#### **Coffee Hour**

Parish Hall, immediately following the worship service

Let's gather downstairs for coffee, comestibles, and community! If you're visiting Arlington Street Church, or would like more information about Unitarian Universalism, please visit the Welcome Table. All are welcome!

#### **Path to Membership**

Archives Room, immediately following worship

If you have been considering joining us, this is the place to start! Today join Linda Evans, Bob Sessions and the Membership Team to learn more about the meaning, expectations, and benefits of church membership. Conversation will be brief and informal, no more than 15 or 20 minutes or so. The Archives Room is located off the Parish Hall downstairs.

You are also invited to attend a quarterly half-day class for new members ("So You Want to Be a UU?"), on Sunday afternoon, November 22nd, from 12:45 – 4:00 pm. RSVP: [YesYvonne@ascboston.org](mailto:YesYvonne@ascboston.org).

#### **Young Adult Group**

The Young Adult Group (ages 18 – 35) meets after the Sunday service for lunch in the Stage Right Room. You can purchase food from the Sandwich Board during Coffee Hour, or bring your own food. The Stage Right Room is the first room on your left after going down the stairs at the back of the sanctuary.

The Young Adult Group also meets two Fridays per month at 7 pm in the Perkins Room (downstairs next to the kitchen) for activities, food, and worship. Their next meeting is Friday, November 20th. All young adults are welcome!

#### **Congregational Conversation**

12:30 pm, Clarke Room

Here is your opportunity to have your questions about Arlington Street Church answered in a low key discussion with members of the Prudential Committee and other congregational leaders.

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## Children's Religious Education

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Today, Erick DuPree, religious educator, will be exploring how Unitarian Universalist congregations assist people who have been impacted by a tragic event in their lives or community. Using the game, "seek-to-help" the church school children will engage in seeking to help others in times of need.

The children will depart to the Perkins Room in the basement following the Children's Blessing during worship.

If you are new to Arlington Street, please feel invited to join with your child today!

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## Congregational Announcements

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### Talking Our Walk: A Discussion Group for People Affected by Depression

Wednesday, November 18<sup>th</sup>, 5:30 – 6:30 PM, Perkins Room

A wonderful, supportive atmosphere, facilitated by our own John Sacco, awaits in this open discussion group: not a substitute for therapy or medication, but a different kind of healing. The group meets the third Wednesday of the month. Please speak with John or with Rev. Kim for more information. *You are not alone!*

### Come, Ye Thankful People, Come Thanksgiving Sunday at Arlington Street

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

Please join us for our annual Thanksgiving Service on the Sunday before the holiday. This is a wonderful service to invite family and friends to join you!

Rev. Kim will be preaching; the Arlington Street choir, along with Arlington Street's Artists In Residence, the Longwood Symphony, are performing George Frideric Handel's magnificent cantata *Ode to Saint Cecilia's Day!* Saint Cecilia, the patron saint of music, is one of seven women, excluding Mary, commemorated by name in the Canon of the Mass. Her musical fame rests on the legend that she praised God, singing to him, as she lay dying.

Handel's music, composed in 1739, is scored for two trumpets, two oboes, two bassoons, timpani, harpsichord, strings, solo soprano, solo tenor, and choir. The text is written by the English poet John Dryden; the main theme is the Pythagorean theory of harmonia mundi, that music was a central force in the creation of the world. All are welcome!

### Standing On The Side of Love Keep Immigrant Families Together

Rally and Vigil

Sunday, November 22<sup>nd</sup>, 2:00 PM, Sanctuary

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

## Coming Up...

### Sunday, November 15<sup>th</sup>, 2009

9:30 AM	Choir Warm-Up - Sanctuary
10:00 AM	ASC Auction Committee - Archives Room
11:00 AM	Sunday Morning Worship - Sanctuary
12:00 PM	Path to Membership - Archives Room
12:00 AM	Coffee Hour - Parish Hall
12:30 PM	Congregational Conversations - Clarke Room
12:30 PM	Young Adult Group Lunch - Stage Right Room

### Monday, November 16<sup>th</sup>, 2009

7:00 PM	UU Reading Group - Frothingham Library
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### Tuesday, November 17<sup>th</sup>, 2009

6:00 PM	Prudential Committee - Perkins Room
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### Wednesday, November 18<sup>th</sup>, 2009

3:30 PM	*Staff Meeting - Perkins Room
5:30 PM	Talking Our Walk - Perkins Room
6:00 PM	Kundalini Yoga - Parish Hall
7:30 PM	Lama Surya Das - Chapel

### Thursday, November 19<sup>th</sup>, 2009

7:00 PM	Choir Rehearsal - Clarke Room
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### Friday, November 20<sup>th</sup>, 2009

5:00 PM	Friday Night Supper Program - Parish Hall, Kitchen
7:00 PM	Young Adult Group - Perkins Room

### Saturday, November 21<sup>st</sup>, 2009

No congregation related events at this time.

### Sunday, November 22<sup>nd</sup>, 2009

9:30 AM	Choir Warm-Up - Sanctuary
11:00 AM	Sunday Morning Worship - Sanctuary
12:00 AM	Coffee Hour - Parish Hall
12:30 PM	Young Adult Group Lunch - Stage Right Room
12:30 PM	So You Want To Be A UU? - Chapel

\*Closed meeting

**NOTE:** This calendar is accurate as of noon the Wednesday 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).



ARLINGTON  
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Unitarian Universalist

Suffolk County House of Correction  
20 Bradston Street, Boston

Arlington Street Church members planning on attending the rally should meet in the Parish Hall at 1:00 pm. Transportation for those who do not have cars will be provided.

Join with others from Massachusetts Resist the Raids Network, Centro Presente and the Coalition of the New Sanctuary Movement to add your voice to the effort to keep immigrant families facing deportation together. The Boston area Coalition of the New Sanctuary Movement includes Arlington Street Church, Unitarian Universalist Church of Medford, Massachusetts Interfaith Committee for Workers Justice, Community Church of Boston, and the Unitarian Universalist Association.

### Sacred Eros: Discussion Group on Sexuality and Spirituality

Monday, November 23<sup>rd</sup>, 7:00 PM, Perkins Room

The internet has changed the landscape of sex and relationships, in both positive and negative ways. How can advances in communication technologies be used in a mindful, safe and life-affirming way? Come to a low-tech discussion, and feel free to bring drinks and munchies to share.

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The Arlington Street Center  
for Liberal Religious Inquiry  
and Spiritual Practice

### UU Reading Group Returns

Monday, November 16<sup>th</sup>, 7:00 – 8:30 PM, Frothingham Library

The UU Reading Group will be reading *Emerson: The Mind on Fire*, by Robert D. Richardson, Jr. at its first meeting of the fall. They will be discussing the first 4 sections. The group will meet again for a discussion of sections 5 – 9 on Monday, December 14<sup>th</sup>.

The book should be in any public library, and you can buy it on Amazon.com in paperback for \$16.47 new, or less, if a used edition is purchased. Join them in reading and discussing a very influential figure in Unitarian history. For more information, check the Membership Table during Coffee Hour, or email Sarah Richards via [office@ascboston.org](mailto:office@ascboston.org). Please put UU Reading Group in the subject line.

### Lama Surya Das

Wednesday, November 18<sup>th</sup>, 7:30 – 9:15 PM, Hunnewell Chapel

\$15 (proceeds will be shared with the church)

Please join Rev. Kim in welcoming to Arlington Street her beloved and esteemed friend, Lama Surya Das.