



## Dear White People

Sunday, January 20<sup>th</sup> ~ 12:30 PM, Perkins Room

Come to watch and discuss *two more episodes* of the Netflix series “Dear White People,” a humorous but serious take on a campus culture war between black and white students at a predominantly white college.

*Don't worry if you missed the first episode as we will catch you up. We will show more episodes on Sundays, February 10th and March 10th.*



## New Member Class

Sunday, January 20<sup>th</sup>, Meet ASC ~ 12:30 PM, Clarke Room

Wednesday, January 23<sup>rd</sup>, Spiritual Journey ~ 6:00 PM, Perkins Room

Sunday, January 27<sup>th</sup>, New Member Breakfast/Joining ~ 9:30 AM, Hunnewell Chapel

All interested newcomers are warmly invited to our next two-session new member class. In our first session, we learn a little of Arlington Street’s history, polity, and practices; and meet some of our illustrious leadership and staff. Rev. Kim joins us for the second session, where we share stories about our spiritual journeys and ask our burning questions. This class is a wonderful opportunity to deepen your relationship and knowledge of Arlington Street, and to discern whether you are ready to join. Please sign up at the Welcome Table in the parish hall after the service. *All are welcome!*



## Stop the Bleed Training with Bill Briggs, RN

Sunday, January 27<sup>th</sup> ~ 1:30 PM, Parish Hall

Stop the Bleed is a national awareness campaign and call-to-action to empower bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. The Stop the Bleed course was developed by the American College of Surgeons after the Sandy Hook Elementary School shootings. You may have seen emergency trauma kits at Logan Airport, Gillette Stadium, and other public locations. Bill Briggs has generously donated one that will hang next to the defibrillator here at Arlington Street. This 90-minute course, offered free of charge, will teach you how to use it. The course is limited to 24 participants. You can register by emailing or calling Jeffrey Bouchard at [jbouchard@ascboston.org](mailto:jbouchard@ascboston.org) or 617.536.7051.



## Spiritual Passions 2019!

### Pathways to Wholeness with Chris Cobb

Sunday, February 17<sup>th</sup> ~ 12:30 PM, Hunnewell Chapel

In our fractured current moment, which seems filled with intense anger and tribalism, people are seeking to heal what feels broken—and taking many paths to do that. How well do these pathways help people move toward thriving and connection? Arlington Street member Chris Cobb will use insights from his professional role as a leader of community change efforts focusing on substance use prevention, and examples from his personal spiritual journey, to facilitate dialogue and offer practical tools for pathways to healing and wholeness.

## COVENANT RENEWAL PLEDGE FORM

through June 2019

Name(s): \_\_\_\_\_

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

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

I/We commit an **TOTAL ANNUAL PLEDGE** of \$ \_\_\_\_\_

to support the work of Arlington Street Church for 2018-2019.

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

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

**Pledge contributions may be made by cash, check, or credit card.**

Mastercard  Visa

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

Expiration Date: mm \_\_\_\_\_ yy \_\_\_\_\_

**Please charge my credit card in either:**

One payment for my entire pledge.

Equal monthly installments on the 12<sup>th</sup> of each month.

### 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). 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, Congregational Administrator 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](mailto:JBouchard@ASCBoston.org).

### 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.

### INSIDE SUBMISSION GUIDELINES

Please email all Sunday “Inside” announcements **before Tuesday noon** to [publications@ascboston.org](mailto: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.

### FINDING EVENTS AT ARLINGTON STREET

**Main level: Hunnewell Chapel** is through the leather door to the right of the pulpit; **Nursery** is off the hallway outside the chapel; **Frothingham Library** is past the stairs and next to the Boylston Street entrance.

**Upstairs: Clarke Room** is up the stairs outside the nursery.

**Downstairs: Parish Hall** is the main room; **Carol Smith Room** is to the right of the stage; **Alan Helms Library** is to the left of the stage; **Perkins Room** (Family Ministry) is just past the kitchen; **Program Room** is at the back of the Perkins Room.

### 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  
Email: [Office@ASCBoston.org](mailto:Office@ASCBoston.org) • Web: [www.ASCBoston.org](http://www.ASCBoston.org)

# INSIDE

## ARLINGTON STREET CHURCH

### NEWS FROM THE SOUL OF SUNDAY

SUNDAY, JANUARY 6<sup>TH</sup>, 2019

*If you are visiting Arlington Street Church or would like information about Unitarian Universalism, please visit the Welcome Table in the Parish Hall.*

## TODAY



### Coffee Hour and Lunch

Today ~ Immediately following worship, Parish Hall

Let’s all gather downstairs for coffee, soup, sandwiches, and community! Please visit the Arlington Street Cares Table (on your right as you enter the Parish Hall) to sign cards for those who have shared candles of sorrow and joy with us.

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.



### Uncomfortable Conversations about Race

Today ~ 12:30 PM, Perkins Room

The Transformation Team for Racial Justice offers this time and space for facilitated discussion and continuing conversation about developing an antiracist worldview. We hold these conversations periodically at Arlington Street Church. All are welcome and no RSVP is needed. For more information, email [transformation@ascboston.org](mailto:transformation@ascboston.org).



### Taking Out the Greens

Today ~ 12:45 to 2:00 PM, Sanctuary

Please join in helping to take down and pack away our holiday decor. January 6th is the 12th Day of Christmas (and the Feast of the Epiphany, when the 3 Wise Men delivered gifts to the baby Jesus), so it’s an appropriate time to “take out the greens!” Interested people can contact Kevin Tyrrell at [ushers@ascboston.org](mailto:ushers@ascboston.org) or via the church office at 617.536.7050.



### Spiritual Passions 2019! Introduction to Meditation

Today ~ 1:00 PM, Hunnewell Chapel

*Don't just do something; sit there! And when you sit, just sit.  
Very simple directives ... simple, but not easy!*

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!)

## THIS WEEK



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

Tuesday, January 8<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.

6:00 *Buddha's Belly*: We will complete Sylvia Boorstein's *It's Easier Than You Think: The Buddhist Way to Happiness*. Please read through to the end. All are welcome!

7:00 *Arlington Street Zen Center*: Our gathering includes seated and walking meditations, a dharma talk, and conversation. If you'd like to walk in the Public Garden (optional!), please dress for the weather. Beginners and experienced meditators from all traditions are warmly welcome.



### Wednesday Evening Vespers

Wednesday, January 9<sup>th</sup> ~ 5:45 - 7:15 PM, Parish Hall & Hunnewell Chapel

Please join us for a quiet and soulful evening of song, poetry, reflection, and candles of sorrow and joy. Let's meet in the parish hall at 5:45 for a family-friendly meal. Then at 6:30, we'll gather in the chapel for a vespers service. Rev. Kim will be in the parish hall to play with the children and help with homework. *We hope you'll join us!*



### Kundalini Yoga Class

Every Wednesday ~ 6:00 PM, Perkins Room

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!



### Grants Compliance Team

Thanks to Beth Robbins and Alissa Butler, our Tiffany Windows Visitor Center is about to receive some generous capital grants about which you will be hearing more in the months to come! Rev. Kim is putting together a Grants Compliance Team to keep us flying straight ahead and right-right-side up. Our first meeting will be on January 10th; we envision meeting no more than six times a year. If you are a grants administrator, or you know how to administer grants, please let Rev. Kim know if you'd like to give service to our beloved community in this way! Please speak with her or contact her at [office@ASCBoston.org](mailto:office@ASCBoston.org). Thank you!

## SAVE THE DATE



### Arlington Street Circle of Caring

Sundays, Jan. 13<sup>th</sup> & 27<sup>th</sup>, & Feb. 10<sup>th</sup> & 24<sup>th</sup> ~ 12:30 PM, Carol Smith Room

Are you battling illness, struggling with isolation, caring for someone who is sick or dying, or coping with grief after a loss? Please visit the Circle of Caring and join our community of support, peace, healing, and love. Facilitator, Maureen Peterson calls on her significant personal experience to create a safe space for sharing our stories and supporting one another through the crises of life.

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

## This Week

### Sunday, January 6, 2019

*9:30 AM	Choir Rehearsal ~ Sanctuary
11:00 AM	Sunday Worship Service ~ Sanctuary
11:15 AM	Family Ministry Program ~ Perkins Room
1:00 PM	Introduction to Meditation ~ Hunnewell Chapel
12:30 PM	Uncomfortable Conversations ~ Perkins Room
12:45 PM	Taking Out the Greens ~ Sanctuary

### Monday, January 7, 2019

No congregational events are scheduled.

### Tuesday, January 8, 2019

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

### Wednesday, January 9, 2019

5:45 PM	Vespers Dinner ~ Parish Hall
6:00 PM	Kundalini Yoga ~ Perkins Room
6:30 PM	Vespers ~ Hunnewell Chapel
6:30 PM	Finance Committee ~ Carol Smith Room

### Thursday, January 10, 2019

7:00 PM	Choir Practice ~ Clarke Room
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### Friday, January 11, 2019

5:00 PM	Friday Night Supper Program ~ Parish Hall
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### Saturday, January 12, 2019

No congregational events are scheduled.

### Sunday, January 13, 2019

*9:30 AM	Choir Rehearsal ~ Sanctuary
9:30 AM	Social Action Committee ~ Carol Smith Room
11:00 AM	Sunday Worship Service ~ Sanctuary
11:15 AM	Family Ministry Program ~ Perkins Room
12:30 PM	Arlington Street Circle of Caring ~ Carol Smith Room
12:45 PM	Strategic Planning ~ Perkins Room
12:45 PM	Second Sunday Song Circle ~ Hunnewell Chapel

\* 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 CHURCH  
Unitarian Universalist



### Second Sunday Song Circle

Sunday, January 13<sup>th</sup> ~ 12:45 PM, Hunnewell Chapel

Have a song or story in your heart? Come share it at our song circle. If you need inspiration, at least one copy of Pete Seeger's *Rise up Singing* will be provided. Feel free to bring your own! Voices and instruments of all skill levels welcome, and just listening is fine too!



### Strategic Planning: Collaborative Conversations

Sunday, January 13<sup>th</sup> ~ 12:45 PM, Perkins Room

The Prudential Committee (our governing board, comprised of elected members of the congregation) has drafted a vision statement for Arlington Street. At this gathering, we'll be discussing our second topic: Arlington Street Church as the Hub for Progressive Values and Spiritual Transformation. All are welcome!

Here is the vision statement:

*We are a welcoming sanctuary,  
an historic destination for arts and culture,  
and a hub for progressive values and spiritual transformation.*

The Pru will be hosting a series of collaborative discussions and invites you join us and share your ideas on how our congregation can realize this vision. Topics will include:

1. Membership and Financial Growth
2. Arlington Street Church as the Hub for Progressive Values and Spiritual Transformation
3. Program Expansion (i.e. Coming of Age packages, a lecture series, concerts, weddings)
4. Integrating ASC and the Foundation (in service to making ASC an historic destination for arts and culture)
5. Stewardship



### Intersectional Book Discussion

Monday, January 14<sup>th</sup> ~ 5:30 PM, Frothingham Library

Join Rev. Kim for the tenth in our series of occasional discussions about books with intersectional themes. For this gathering, we'll be reading Robin DiAngelo's *White Fragility: Why It's So Hard for White People to Talk about Racism*. All are welcome!



### Arlington Street's Literary Salon The Wednesdays: Shakespeare

Wednesdays ~ 6:00 PM, The Vendome, 160 Commonwealth Avenue  
(tell the doorman you're there to see Professor Helms)

January 16<sup>th</sup> ~ Timon of Athens • January 30<sup>th</sup> ~ Pericles

Professor Alan Helms and Rev. Kim welcome you to the seventh installment of the Wednesdays Shakespearathon! Reading all 38 of Shakespeare's plays is admittedly a huge ambition, but Shakespeare is, by universal consent, not only the greatest writer in the English language, but one of the immortals of world literature. We'll need patience with archaic language while attending to a plethora of footnotes (there's no doing without them unless you live in a world where you cut your meat with a bodkin and your children say their orizons at bedtime). In other words, these Shakespeare courses are not for the faint of heart. But since it's generally true that "as ye sow, so shall ye reap," the rewards will be enormous. For many of us, this will be one of the great experiences of our lives! All are welcome!