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## MUSIC *(Continued)*

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### Add More Music to Your Life This Spring! – *Continued*

We find that making music with and for our community here at Arlington Street is a central and beautiful part of our spiritual practice as Unitarian Universalists. We rehearse one night a week and sing Sunday mornings at our weekly services, performing an array of challenging, evocative repertoire spanning dozens of cultures, and centuries of musical and liturgical history.

The choir is open to all interested singers able to make a commitment to the choir's schedule. Attendance each week is not mandatory, though members find that it's difficult to function effectively if they miss more than a quarter of the rehearsals. We rehearse on Thursdays from 7:00–9:00 pm 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, who is available at the front of the sanctuary following the service or via email at MBuckles@ASCBoston.org.

## *Covenant Renewal*

– Sunday, May 2<sup>nd</sup> 2010 –

### *The Ark of the Covenant Returns!*

*Pledges to the good work of  
Arlington Street Church  
will be gratefully received.*

*Please plan to be here for this  
exuberant celebration of generosity!*

*If your baby grows restless during worship, please bring him or her to the nursery (located off of the Chapel, through the leather door). Restless toddlers and older children are invited to join the church school program downstairs.*

#### **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). 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. \*814 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, APRIL 18<sup>TH</sup>, 2010

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### CONGREGATIONAL ANNOUNCEMENTS

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#### **Congregational Conversations**

**Today:** April 18 ~ 12:30, Clarke Room

**This week's topic:** "And Service Is Our Gift"

Come join Prudential members Carmen Griggs and Karl Paulnack in a conversation regarding the gift of service at Arlington Street Church. You'll be invited to share your past experiences with service at ASC, and help to formulate recommendations for the future.

#### **Tips to Help the Planet**

*We are beginning a series of tips in INSIDE for ways to help the planet.*

**Today's tip:** You don't have to give up meat to make a difference.

Instead, see how many nutritious, delicious meatless meals you can prepare and enjoy each week – or, if you prefer, just aim for two or three. [Hint: beans (pinto, navy, refried, etc.), lentils, split peas, quinoa, avocados, and oatmeal are satisfying and delicious; pepita (shelled pumpkin) seeds are good in salads and extremely high in protein.] If you send recipes you love to [ethicaleating@ascboston.org](mailto:ethicaleating@ascboston.org) we'll create a collection to share with others in the congregation.

Why increase your meatless meals? Because the production of meat contributes even more to global warming than does our transportation system, and factory farms are a source of serious pollution to our waterways.

#### **At the Social Action table**

**Fund Our Communities, Reduce Military Spending**

Sign a letter to your elected representatives asking that they enact a 25% reduction in military spending, with all the savings redirected to urgent community needs.

#### **Minns Lecture Series**

Wednesday, April 20<sup>th</sup> and 21<sup>st</sup> ~ 6:00PM, Specified Locations

Rev. Dr. Paul S. Johnson will deliver the 2010 Minns Lecture Series, the first three of which will be held in Boston. Each annual lecture series focuses on a Unitarian Universalist history theme. The 2010 lectures are especially relevant to Arlington Street Church because the church that James Freeman Clarke founded in 1841, The Church of the Disciples, sold its building and affiliated with Arlington Street Church one hundred years later, in 1941. Arlington Street Church is honored to host the second lecture of the 2010 series. All lectures are free and open to the public.



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## CONGREGATIONAL ANNOUNCEMENTS (Continued)

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### Minns Lecture Series – *Continued*

#### Lecture 2: James Freeman Clarke and the Church of the Disciples: Religious Community as an Agent of Personal and Societal Transformation

Tuesday, April 20, 6:30 pm reception followed by 7:00 pm lecture, Hunnewell Chapel, Arlington Street Church, 351 Boylston Street, Boston

#### Lecture 3: James Freeman Clarke's Concept of Self Culture: Physical, Intellectual, Moral, and Spiritual

Wednesday, April 21, 6:30 pm reception followed by 7:00 pm lecture, King's Chapel House, 64 Beacon Street, Boston

### The Art of Hospitality

Sunday, April 25<sup>th</sup> ~ 12:30-1:30PM, Clarke Room

Come learn the subtle nuances of welcoming visitors and members to our spiritual home. Hosted by the Membership Committee, this one hour session is great for anyone interested in practicing hospitality by being a greeter – a fun and fulfilling way to make new friends and provide service to Arlington Street Church. Current greeters and ushers are also welcome.

### Service-Fellowship-Jazz: New Orleans Spring Trip

Trip Date: April 25<sup>th</sup> – 30<sup>th</sup>

Travel earlier or stay later to enjoy the music! Join Senior Minister Rev. Kim Crawford Harvie and other veteran Arlington Street Church New Orleans volunteers who will be giving service in the Big Easy this spring. This will be Arlington Street Church's spring trip to walk with our sisters and brothers of First Church as we continue to support them with our presence, our resources, and our love. Much has changed since our first service trip; however there is still much to do. Arrive early and stay longer to enjoy the hospitality of the city, during their annual jazz festival, and to worship and socialize with our First Church sisters and brothers.

### Thinking about Membership in Arlington Street Church?

Stop by the Welcome Table in the Parish Hall to get information and to sign up for our next two-part new member class, set for two Thursday evenings, **May 6th and 13th, from 6 to 8 pm**. Be sure to schedule both those dates if you are considering joining. All are welcome!

### UU Reading Group: *Here If You Need Me*, by Kate Braestrup

Monday, May 10<sup>th</sup> ~ 6:15 – 7:45PM, Frothingham Library

All are welcome to our discussion of our new selection, *Here If You Need Me*, a memoir by Kate Braestrup. Braestrup is a UU Chaplain to the Maine Warden Service, and excerpts from her book have appeared in *UU World* magazine. Sample quote: "If anyone needs proof that God has a sense of humor, here it is: I am a middle-aged mother of four who works primarily with young, very fit men... And I, a famously loquacious person, have a job that requires me mostly to just show up, shut up, and be." For more information, please contact Sarah Richards at office@ascboston.org.

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

## Coming Up...

### Sunday, April 18, 2010

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

### Monday, April 19, 2010

8:00 AM	Patriots Day Office Closed - Church Office
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### Tuesday, April 20, 2010

6:00 PM	Prudential Committee - Perkins Room
6:30 PM	Minns Lecture Reception - Chapel
7:00 PM	Minns Lecture James Freeman Clarke - Sanctuary

### Wednesday, April 21, 2010

3:30 PM	*Staff Meeting- Perkins Room
5:30 PM	Talking Our Walk - Perkins Room
6:00 PM	Kundalini Yoga - Chapel
7:00 PM	UU Affairs Committee - Perkins Room

### Thursday, April 22, 2010

5:30 PM	*Human Resource Committee - Perkins Room
7:00 PM	Choir Rehearsal - Clarke Room

### Friday, April 23, 2010

5:00 PM	Friday Night Supper Program - Parish Hall/Kitchen
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### Saturday, April 24, 2010

No congregation related events at this time.

### Sunday, April 25, 2010

9:30 AM	Choir Warm-Up - Sanctuary
11:00 AM	Sunday Morning Worship - Sanctuary
12:00 PM	Coffee Hour - Parish Hall
12:00 PM	Path to Membership - Welcome Table - Parish Hall
12:30 PM	The Art of Hospitality - Clarke Room
12:30 PM	*Nominating Committee - Archives Room
12:30 PM	Young Adult Group Lunch - Stage Right Room

**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).

*\* Denotes Closed Meetings*



ARLINGTON  
STREET CHURCH  
Unitarian Universalist

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## CONGREGATIONAL ANNOUNCEMENTS (Continued)

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### Parents as Resident Theologians

Sunday, May 23<sup>rd</sup> ~ 1:00 PM with Rev. Kim

Let us build memories in our children lest they allow treasures to be lost because they have not been given the keys. We live, not by things, but by the meanings of things. It is needful to transmit the passwords from generation to generation. – *Antoine de St. Exupéry*  
What are the “passwords” we want to transmit? What insights can we glean from our own spiritual journeys to accompany our children on theirs? All are welcome! Childcare will be provided.

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## ADULT RELIGIOUS EDUCATION

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### Sacred Eros - Sex and Gender: Beyond the Binary

Monday, April 26<sup>th</sup> ~ 7:00pm in the Perkins Room

At this month's Sacred Eros gathering, we will discuss how ideas of gender and sexual identity have evolved. What does it really mean to be “male” or “female” – or another gender altogether? Come and join the discussion, and bring something to eat or drink!

### Kundalini Yoga Class

Wednesdays, ~ 6:00PM, 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 will go to the church.

### Arlington Street's Literary Salon

Wednesdays, May 5th, 12th, 19th, 26th ~ 6:00PM, Frothingham Library

Haiku with Professor Alan Helms and Rev. Kim. All are welcome!

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

Third Wednesdays, ~ 5:30PM, 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 Rev. Kim for more information. *You are not alone!*

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## MUSIC

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### Add More Music to Your Life This Spring!

Be part of our Arlington Street Church Choir! Do you love to sing? Would you like to be part of a community of sharing music? Do you want or need to take just a couple hours out of your week to create something beautiful? The Arlington Street Church Choir may be just the place for you! No musical experience necessary!